

## Appendix 5

### Minimum First Aid Supplies

A list of contents should be permanently fixed to the inside of the box. The box should be checked and replenished regularly.

#### Minimum requirements:-

- 1 x Triangular Bandage
- 1 x Conforming Bandage 7.5cm
- 1 x Large Sterile Unmediated Wound Dressing Pad
- 1 x Medium Sterile Unmediated Wound Dressing Pad
- 2 x Sterile 'Melonin' Dressings 10cm x 10 cm \*(or similar product)
- 1 x Roll 'Micropore' Tape 2.5cm
- 20 x Assorted Waterproof Plasters
- 4 x Safety Pins
- 1 x Pair Scissors
- 4 x Alcohol-free Antiseptic Cleaning Wipes
- Bottle of sunscreen
- Insect repellent

#### Optional Items -

- 1 x 'Resusci' Face Shield (Laerdal Medical Ltd.)
- 1 x Pair Large Latex Gloves
- 1 x Eye Pad
- 1 x Eye Bath
- 1 x Tube Antiseptic Cream
- 2 x Sterile 'Melonin' Dressings 5cm x 5cm
- 1 x First Aid Leaflet or Guidelines
- Spare supplies of frequently used items